

## INGREDIENT ALTERNATIVES

*Use the chart below as a guideline for choosing dessert ingredients for high nutritional quality or to meet allergy needs.*

IN PLACE OF:	USE:
<p><b>SUGARS</b></p> <p>White sugar (cane) Brown sugar Powdered (confectioner's) sugar Raw sugar Corn syrup Equal (NutraSweet, aspartame)</p>	<p><b>SUGARS</b></p> <p>Honey Whole cane sugar (Sucanat) Fruit concentrates Date sugar Molasses, unsulfured Fruit Source</p>
<p><b>FLOUR/GRAINS</b></p> <p>White Flour (wheat)</p> <p>Graham crackers (refined) Refined grain breakfast cereals</p>	<p><b>FLOUR/GRAINS</b></p> <p>whole wheat pastry flour whole wheat flour brown rice flour barley flour oats, oat flour, oat bran Kamut Spelt Other whole grains Nut flours Whole wheat grahams Whole grain cereals</p>
<p><b>FATS:</b></p> <p>Butter Shortening Lard Polyunsaturated oils</p>	<p><b>FATS:</b></p> <p>Margarine Canola oil Olive oil Fat substitute products</p>

## COOKING HINTS

3 tsp.	1 Tbsp.
2 Tbsp.	$\frac{1}{8}$ cup
4 Tbsp.	$\frac{1}{4}$ cup
8 Tbsp.	$\frac{1}{2}$ cup
16 Tbsp.	1 cup
4 oz.	$\frac{1}{2}$ cup
8 oz.	1 cup
16 oz.	1 lb.
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
32 oz.	1 quart

## HELPING HINTS

- Do stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.
- Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron)
- Before scalding soy milk, rinse pan with cold water for easy clean up.
- When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat and you can give your instructions without having to keep turning around.
- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- If bread is browning too quickly, place a pan of water on the rack above it in the oven.

## ALPHABETICAL INDEX

ALDEAN'S BUTTERNUT SQUASH MEDLEY .....	158
ALFREDO SAUCE .....	118
ANGEL'S SAUSAGE PATTIES .....	20
APPLE FRUIT SALAD .....	39
APPLE PIE .....	39
APPLE TURNOVER.....	4
BAKED APPLES .....	20
BAKED BEANS.....	73
BAKED MACARONI.....	74
BAKED SLICED EGGPLANT.....	75
BAKED SQUASH.....	158
BAKED TOFU .....	174
BANANA NUT BREAD.....	5
BEAN SALAD .....	147
BEAN SAUSAGE .....	75
BLACK BEAN DIP.....	118
BLACK BEAN SOUP.....	134
BLUEBERRY BREAD .....	6
BLUEBERRY CREPES .....	40
BLUEBERRY CRISP.....	41
BLUEBERRY LEMON MUFFINS .....	7
BRAN MUFFINS .....	7
BREADING MIX .....	119
BROCCOLI QUICHE' .....	159
BROCCOLI SALAD .....	147
BROWNIES.....	42
BURGERS AND GRAVY ON TOAST .....	21
CABBAGE NOODLE DISH.....	76
CAESAR SALAD DRESSING.....	119
CAROB CLUSTERS.....	42
CAROB FROSTING .....	43
CAROB FUDGE.....	43
CAROB ICE CREAM I.....	44
CAROB ICE CREAM II .....	44
CAROB MOIST CAKE .....	45
CARROT CAKE.....	46
CASHEW CHICKEN.....	77

CASHEW PIMENTO CHEESE.....	120
CHICKEN AND DUMPLINGS DELIGHT .....	78
CHICKEN NOODLE SOUP .....	135
CHICKEN STYLE SEASONING.....	120
CHILI .....	136
CHILI POWDER .....	136
CHINESE CABBAGE SALAD .....	148
COCONUT PINEAPPLE CUPCAKES .....	47
COCONUT RAISIN RICE.....	21
CORNBREAD .....	8
CORN CHOWDER .....	137
CRANBERRY DESSERT.....	47
CREAM CHEESE FROSTING.....	48
CREAM OF BROCCOLI SOUP.....	138
CREAM OF CAULIFLOWER SOUP .....	139
CREAM OF POTATO SOUP .....	140
CRUMB NUT CRUST .....	48
CUCUMBER DRESSING I .....	121
CUCUMBER DRESSING II.....	121
CURRY POWDER .....	122
DATE ORANGE NUT MUFFINS.....	8
DELICIOUS OATMEAL BAKE .....	22
DELIGHTFUL CAROB CAKE.....	49
DELIGHTFUL SWEET AND SOUR SOY CURLS .....	79
EASY APPLE MUFFINS.....	9
ECONO BURGERS .....	80
EGGPLANT FILLET .....	160
FANCY COLESHAW SALAD .....	149
FISH PATTIES .....	81
FLAKY PIE CRUST .....	49
FRENCH TOAST I.....	22
FRENCH TOAST II .....	23
GERMAN CAROB CAKE.....	50
GERMAN CAROB FROSTING.....	50
GERRI'S HONEY CHEESECAKE .....	51
GLAZED ORANGE ROLLS .....	52
GLUTEN.....	82
GLUTEN QUICK OAT BURGERS .....	84
GRANOLA .....	23
GUACOMOLE .....	122

HARVEST NUT ROAST.....	85
HOLIDAY DRESSING.....	86
HOME MADE GRANOLA .....	24
HOMEMADE HASHBROWN QUICHE' .....	87
HONEY WHOLE WHEAT BREAD.....	10
HUMMUS DIP .....	122
IRISH STEW .....	141
ITALIAN DRESSING.....	152
JOHN’S TURKEY LOAF .....	88
KETCHUP .....	123
LASAGNA.....	89
LEMON CUSTARD PIE.....	53
LEMON PECAN CAKE .....	54
LEMON PIE .....	55
LENTIL ARMENIAN SOUP.....	142
LENTIL COLD CUTS.....	90
MEXICAN CASSEROLE.....	91
MEXICAN–CORN DELIGHT .....	161
MEXICAN STYLE GUACAMOLE.....	174
MILLET DELIGHT.....	25
MIME’S MANGO BREAD .....	11
MOCK CHICKEN CUTLETS .....	92
MOCK FISH CROQUETTES .....	93
MOCK MUSTARD .....	123
MOCK SALMON SPREAD .....	124
MOCK SAUSAGE .....	25
MOCK TUNA SALAD .....	149
MOCK TUNA SUPREME .....	150
NACHO CHEESE SAUCE .....	124
OAT BURGERS .....	94
OAT CRANBERRY MUFFINS.....	11
OATMEAL COOKIES.....	55
OATMEAL CREPES .....	26
OKRA FRITTERS.....	95
OLD FASHIONED BREAD PUDDING .....	56
OMELET.....	27
ONION RINGS.....	175
OVEN ROASTED POTATOES.....	176
PAM’S HOMEMADE BARBECUE SAUCE .....	125
PANCAKES.....	28

PAN-FRIED OKRA .....	176
PARMESAN CHEESE.....	125
PEANUT BUTTER SQUARES .....	57
PECAN PIE.....	57
PINEAPPLE COCONUT COOKIES.....	58
PIZZA CRUST .....	96
POPPY SEED MUFFINS.....	12
POTATO PATTIES .....	28
POTATO VEGETABLE SOUP .....	143
PUMPKIN SPICE CHEESECAKE.....	58
QUICK TOFU CHEESE .....	126
RANCH DRESSING .....	153
RESA’S CHEESE AND SPINACH PUFFS .....	97
RESA’S SCALLOP POTATOES.....	161
RICE PUDDING.....	59
RYE BREAD .....	12
SALSA .....	126
SAVORY STEAMED KALE.....	162
SCRAMBLED TOFU.....	29
SEASONED TOFU .....	177
SESAME SPINACH SALAD .....	150
SLICED CHEESE.....	127
SOUR CREAM.....	127
SOUTHERN STYLE SQUASH.....	177
SOY CURLS AND RICE.....	97
SOY MAYONNAISE.....	153
SOY WHIPPED CREAM I .....	59
SOY WHIPPED CREAM II.....	60
SPAGHETTI RING FLORENTINE .....	98
SPECIAL ITALIAN BREAD STICKS.....	13
SPECIAL “K” LOAF.....	99
SPICY BROCCOLI.....	163
SPICY CHINESE SZECHWAN .....	100
SPINACH AND NOODLE CASSEROLE .....	101
SPINACH DIP I.....	128
SPINACH DIP II .....	128
SPINACH TOFU AND FETTUCCHINE.....	102
SPINACH TOFU FILLING ROR MANICOTTI PASTA SHELLS .....	103
SPLIT PEA SOUP I.....	144
SPLIT PEA SOUP II.....	144

SQUASH CASSEROLE.....	104
STIR-FRY VEGETABLE WITH RICE.....	164
STRAWBERRY TOFU ICE CREAM.....	60
STUFF BAKED POTATOES .....	165
STUFFED PITA POCKETS.....	105
SUPERB SPANISH RICE.....	105
SWEET AND SOUR MEATBALLS .....	106
SWEET AND SOUR SAUCE.....	129
SWEET POTATO DELIGHT .....	61
TABBOULEH .....	178
TERIYAKI GLUTEN.....	107
TERIYAKI TOFU .....	108
THOUSAND ISLAND DRESSING .....	154
TOFU BREAKFAST PANCAKES.....	30
TOFU CHEESECAKE SUPREME.....	62
TOFU EGG SALAD.....	151
TOFU EGG SPREAD.....	151
TOFU FOO YUNG.....	109
TOFU MAYONNAISE .....	129
TOFU NUGGETS.....	110
TOFU ONION DIP.....	130
TOFU SPINACH QUICHE' .....	31
UNBELIEVABLE LEMON CUSTARD .....	63
UPSIDE PINEAPPLE CAKE.....	64
VANILLA COCONUT ICE CREAM.....	65
VANILLA PUDDING.....	65
VEGAN TIRAMISU .....	66
VEGETABLE CREPES .....	111
VEGETABLE MARINATED MEDLEY .....	179
VEGETARIAN MEATLOAF SUPREME .....	112
VEGGIE CASSEROLE.....	166
VEGGIE CHEESE BALL .....	167
VEGGIE TRAY WITH SOUR CRÈME.....	167
WAFFLES I .....	32
WAFFLES II.....	33
WALDORF SALAD.....	152
WALNUT COCONUT FROSTING .....	67
WHOLE WHEAT BREAD (100%) .....	14
WHOLE WHEAT ROLLS .....	15
WINTER SQUASH STEW .....	145

YEAST BISCUITS .....	16
YUMMY BANANA HONEY ICE CREAM.....	68
YUMMY BREAKFAST BURRITOS.....	34
YUMMY YAMS BAKED .....	168
ZESTY FRENCH DRESSING.....	154
ZUCCHINI CREAM SOUP .....	146
ZUCCHINI CREOLE.....	169
ZUCCHINI FRITTATA .....	113
ZUCCHINI PATTIES.....	114
ZUCCHINI SQUASH.....	170

## SECTIONAL INDEX

### **Breads**

APPLE TURNOVER.....	4
BANANA NUT BREAD.....	5
BLUEBERRY BREAD .....	6
BLUEBERRY LEMON MUFFINS .....	7
BRAN MUFFINS .....	7
CORNBREAD .....	8
DATE ORANGE NUT MUFFINS.....	8
EASY APPLE MUFFINS.....	9
HONEY WHOLE WHEAT BREAD .....	10
MIME’S MANGO BREAD .....	11
OAT CRANBERRY MUFFINS.....	11
POPPY SEED MUFFINS.....	12
RYE BREAD .....	12
SPECIAL ITALIAN BREAD STICKS.....	13
WHOLE WHEAT BREAD (100%).....	14
WHOLE WHEAT ROLLS .....	15
YEAST BISCUITS .....	16

### **Breakfast**

ANGEL’S SAUSAGE PATTIES .....	20
BAKED APPLES .....	20
BURGERS AND GRAVY ON TOAST .....	21
COCONUT RAISIN RICE.....	21



DELICIOUS OATMEAL BAKE .....	22
FRENCH TOAST I.....	22
FRENCH TOAST II .....	23
GRANOLA .....	23
HOME MADE GRANOLA .....	24
MILLET DELIGHT .....	25
MOCK SAUSAGE .....	25
OATMEAL CREPES .....	26
OMELET.....	27
PANCAKES.....	28
POTATO PATTIES .....	28
SCRAMBLED TOFU.....	29
TOFU BREAKFAST PANCAKES.....	30
TOFU SPINACH QUICHE' .....	31
WAFFLES I .....	32
WAFFLES II.....	33
YUMMY BREAKFAST BURRITOS.....	34

## **Desserts**

APPLE FRUIT SALAD .....	39
APPLE PIE .....	39
BLUEBERRY CREPES .....	40
BLUEBERRY CRISP.....	41
BROWNIES.....	42
CAROB CLUSTERS.....	42
CAROB FROSTING .....	43
CAROB FUDGE .....	43
CAROB ICE CREAM I.....	44
CAROB ICE CREAM II .....	44
CAROB MOIST CAKE .....	45
CARROT CAKE.....	46
COCONUT PINEAPPLE CUPCAKES .....	47
CRANBERRY DESSERT.....	47
CREAM CHEESE FROSTING.....	48
CRUMB NUT CRUST .....	48
DELIGHTFUL CAROB CAKE.....	49
FLAKY PIE CRUST .....	49
GERMAN CAROB CAKE.....	50
GERMAN CAROB FROSTING.....	50

GERRI'S HONEY CHEESECAKE .....	51
GLAZED ORANGE ROLLS .....	52
LEMON CUSTARD PIE.....	53
LEMON PECAN CAKE .....	54
LEMON PIE .....	55
OATMEAL COOKIES.....	55
OLD FASHIONED BREAD PUDDING .....	56
PEANUT BUTTER SQUARES .....	57
PECAN PIE.....	57
PINEAPPLE COCONUT COOKIES.....	58
PUMPKIN SPICE CHEESECAKE.....	58
RICE PUDDING.....	59
SOY WHIPPED CREAM I .....	59
SOY WHIPPED CREAM II.....	60
STRAWBERRY TOFU ICE CREAM.....	60
SWEET POTATO DELIGHT .....	61
TOFU CHEESECAKE SUPREME.....	62
UNBELIEVABLE LEMON CUSTARD .....	63
UPSIDE PINEAPPLE CAKE.....	64
VANILLA COCONUT ICE CREAM.....	65
VANILLA PUDDING.....	65
VEGAN TIRAMISU .....	66
WALNUT COCONUT FROSTING .....	67
YUMMY BANANA HONEY ICE CREAM.....	68

## **Entrees**

BAKED BEANS.....	73
BAKED MACARONI .....	74
BAKED SLICED EGGPLANT.....	75
BEAN SAUSAGE .....	75
CABBAGE NOODLE DISH.....	76
CASHEW CHICKEN .....	77
CHICKEN AND DUMPLINGS DELIGHT .....	78
DELIGHTFUL SWEET AND SOUR SOY CURLS .....	79
ECONO BURGERS .....	80
FISH PATTIES .....	81
GLUTEN.....	82
GLUTEN QUICK BURGERS .....	84
HARVEST NUT ROAST.....	85

HOLIDAY DRESSING.....	86
HOMEMADE HASHBROWN QUICHE' .....	87
JOHN'S TURKEY LOAF .....	88
LASAGNA.....	89
LENTIL COLD CUTS.....	90
MEXICAN CASSEROLE .....	91
MOCK CHICKEN CUTLETS .....	92
MOCK FISH CROQUETTES .....	93
OAT BURGERS .....	94
OKRA FRITTERS .....	95
PIZZA CRUST .....	96
RESA'S CHEESE AND SPINACH PUFFS .....	97
RESA'S SOY CURLS W RICE .....	97
SPAGHETTI RING FLORENTINE .....	98
SPECIAL "K" LOAF.....	99
SPICY CHINESE SZECHWAN .....	100
SPINACH AND NOODLE CASSEROLE .....	101
SPINACH TOFU AND FETTUCCHINE.....	102
SPINACH TOFU FILLING FOR MANICOTTI PASTA SHELLS.....	103
SQUASH CASSEROLE.....	104
STUFFED PITA POCKETS.....	105
SUPERB SPANISH RICE.....	105
SWEET AND SOUR MEATBALLS .....	106
TERIYAKI GLUTEN.....	107
TERIYAKI TOFU .....	108
TOFU FOO YUNG.....	109
TOFU NUGGETS.....	110
VEGETABLE CREPES .....	111
VEGETARIAN MEATLOAF SUPREME .....	112
ZUCCHINI FRITTATA .....	113
ZUCCHINI PATTIES.....	114

### **Sauces and Dips**

ALFREDO SAUCE .....	118
BLACK BEAN DIP .....	118
BREADING MIX .....	119
CAESAR SALAD DRESSING .....	119
CASHEW PIMENTO CHEESE.....	120
CHICKEN STYLE SEASONING.....	120

CUCUMBER DRESSING I .....	121
CUCUMBER DRESSING II .....	121
CURRY POWDER .....	122
GUACOMOLE .....	122
HUMMUS DIP .....	122
KETCHUP .....	123
MOCK MUSTARD .....	123
MOCK SALMON SPREAD .....	124
NACHO CHEESE SAUCE .....	124
PAM’S HOMEMADE BARBECUE SAUCE .....	125
PARMESAN CHEESE.....	125
QUICK TOFU CHEESE .....	126
SALSA .....	126
SLICED CHEESE.....	127
SOUR CREAM.....	127
SPINACH DIP I.....	128
SPINACH DIP II .....	128
SWEET AND SOUR SAUCE.....	129
TOFU MAYONNAISE .....	129
TOFU ONION DIP .....	130

### **Soups, Salads, and Dressings**

BLACK BEAN SOUP .....	134
CHICKEN NOODLE SOUP .....	135
CHILI .....	136
CHILI POWDER .....	136
CORN CHOWDER .....	137
CREAM OF BROCCOLI SOUP .....	138
CREAM OF CAULIFLOWER SOUP .....	139
CREAM OF POTATO SOUP .....	140
IRISH STEW .....	141
LENTIL ARMENIAN SOUP.....	142
POTATO VEGETABLE SOUP .....	143
SPLIT PEA SOUP I.....	144
SPLIT PEA SOUP II.....	144
WINTER SQUASH STEW .....	145
ZUCCHINI CREAM SOUP .....	146
BEAN SALAD .....	147
BROCCOLI SALAD .....	147

CHINESE CABBAGE SALAD .....	148
FANCY COLESLAW SALAD .....	149
MOCK TUNA SALAD .....	149
MOCK TUNA SUPREME .....	150
SESAME SPINACH SALAD .....	150
TOFU EGG SALAD.....	151
TOFU EGG SPREAD.....	151
WALDORF SALAD.....	152
ITALIAN DRESSING.....	152
RANCH DRESSING .....	153
SOY MAYONNAISE.....	153
THOUSAND ISLAND DRESSING .....	154
ZESTY FRENCH DRESSING.....	154

### **Vegetables**

ALDEAN’S BUTTERNUT SQUASH MEDLEY .....	158
BAKED SQUASH.....	158
BROCCOLI QUICHE’ .....	159
EGGPLANT FILLET .....	160
MEXICAN-CORN DELIGHT .....	161
RESA’S SCALLOP POTATOES.....	161
SAVORY STEAMED KALE.....	162
SPICY BROCCOLI .....	163
STIR-FRY VEGETABLES WITH RICE .....	164
STUFF BAKED POTATOES .....	165
VEGGIE CASSEROLE.....	166
VEGGIE CHEESE BALL .....	167
VEGGIE TRAY WITH SOUR CREAM .....	167
YUMMY YAMS BAKED .....	168
ZUCCHINI CREOLE.....	169
ZUCCHINI SQUASH.....	170

### **Side Dishes**

BAKED TOFU .....	174
MEXICAN STYLE GUACAMOLE.....	174
ONION RINGS.....	175
OVEN ROASTED POTATOES.....	176
PAN-FRIED OKRA .....	176

SEASONED TOFU .....	177
SOUTHERN STYLE SQUASH.....	177
TABBOULEH .....	178
VEGETABLE MARINATED MEDLEY .....	179

*“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus. And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.” Revelation 14:6-13*

## Quotations and References

*The Holy Bible*. King James Version. Nashville, TN: Thomas Nelson Publishers, 1972.

White, Ellen G. *Christian Temperance and Bible Hygiene*. Battle Creek, MI: Good Health Publishing Co., 1890.

\_\_\_\_\_. *Counsels on Diet and Foods*. 1938. Reprint, Hagerstown, MD: Review and Herald Publishing Assn., 1976.

\_\_\_\_\_. *Counsels on Health*. Nampa, ID: Pacific Press, 1957.

\_\_\_\_\_. *The Desire of Ages*. 1898. Reprint, Mountain View, CA: Pacific Press, 1940.

\_\_\_\_\_. *Education*. 1903. Reprint, Mountain View, CA: Pacific Press, 1952.

\_\_\_\_\_. *Gospel Workers*. 1915. Reprint, Washington, D. C.: Review and Herald Publishing Assn., 1948.

\_\_\_\_\_. *Life at Its Best*. Boise, ID: Pacific Press, 1964.

\_\_\_\_\_. *Manuscript*. Letter 192, 1905.

\_\_\_\_\_. *The Ministry of Healing*. 1905. Reprint, Nampa, ID: Pacific Press, 1942.

\_\_\_\_\_. *Testimonies for the Church*. Vols. 5, 7, 9. Boise, ID: Pacific Press, 1948.

To purchase additional copies of this book, please use the following contact information to place orders:

AVA's Book Publishers  
109 Ellacott Drive  
Huntsville, AL 35806  
(256) 722-8988 or (256) 656-6099  
[www.avasbookpublishers.com](http://www.avasbookpublishers.com)